

*Implementing cardiovascular
wellness and health
promotion*

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Reasons for opening the Wellness Center for Cardiovascular Disease Prevention

- **High morbidity rate:**
 - Blood circulation disorders - 886 per 10,000 (year 2000)**
 - Myocardial infarction – 23.4 per 10,000 (year 2000)**
- **Heart disease – leading cause of death among target population (33,3%)**
- **Lack of focus on disease prevention**
- **Lack of community education and health promotion programs**

Objectives of the Wellness Center for CVD prevention

- **Improve cardiovascular health status for the district population**
- **Develop targeted programs based on epidemiological assessment**
- **Increase efficiency of early detection, treatment and prevention of cardiovascular diseases**
- **Train medical professionals on cardiovascular disease prevention**

Tasks of the Center

- **Screen for risk factors**
- **Monitor CVD risk factors levels**
- **Develop and implement patient education programs**
- **Establish integrated coalitions and raise additional resources**
- **Improve existing practices**
- **Enhance the role of nurse**
- **Disseminate the experience among other medical institutions**

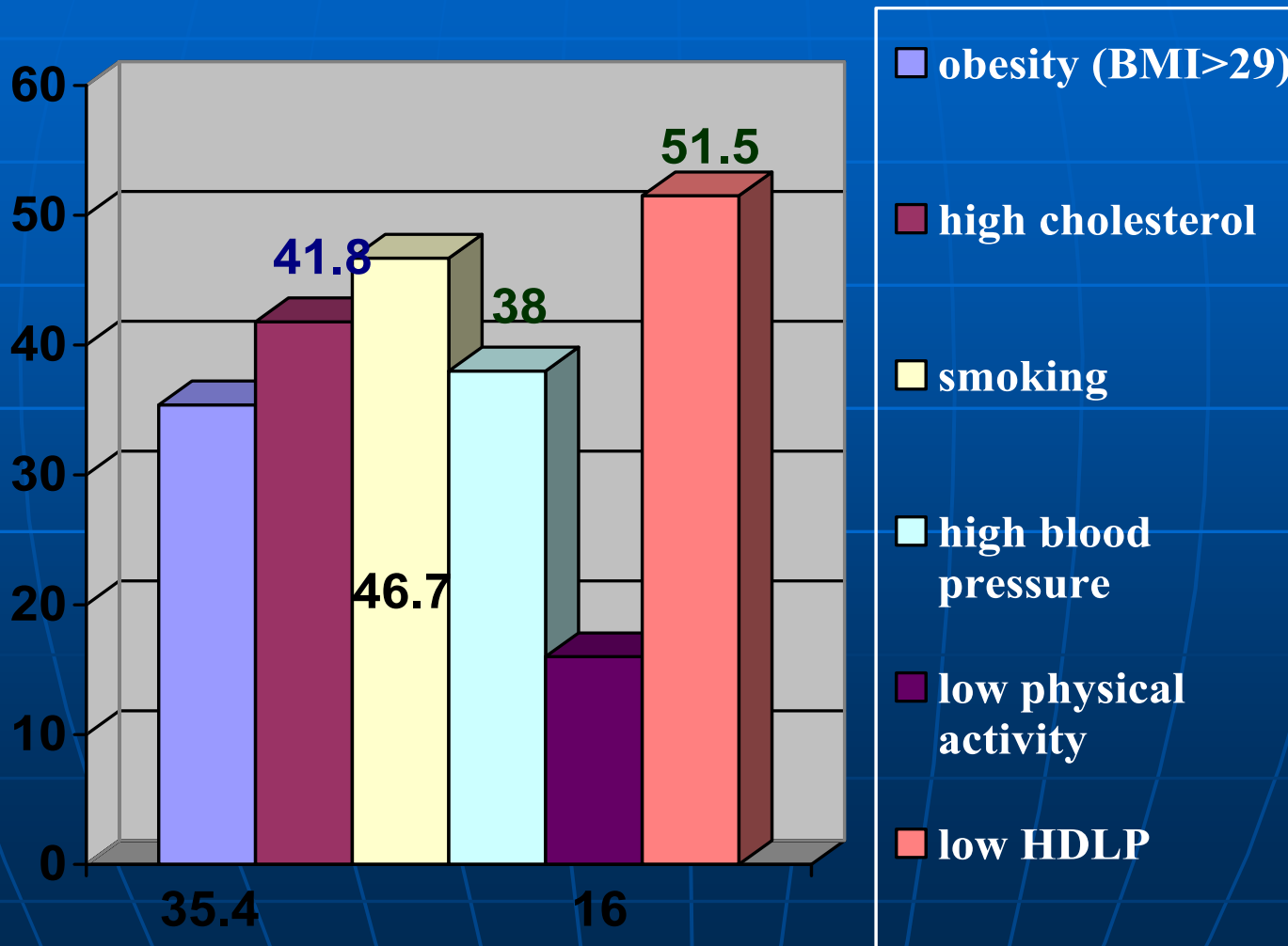
Center's areas of expertise

- Screening
- Risk group identification
- Monitoring risk factors prevalence through
 - ✓ *Individual sessions with patients*
 - ✓ *Group classes*
 - ✓ *Population strategy*
- Efficacy assessment and analysis

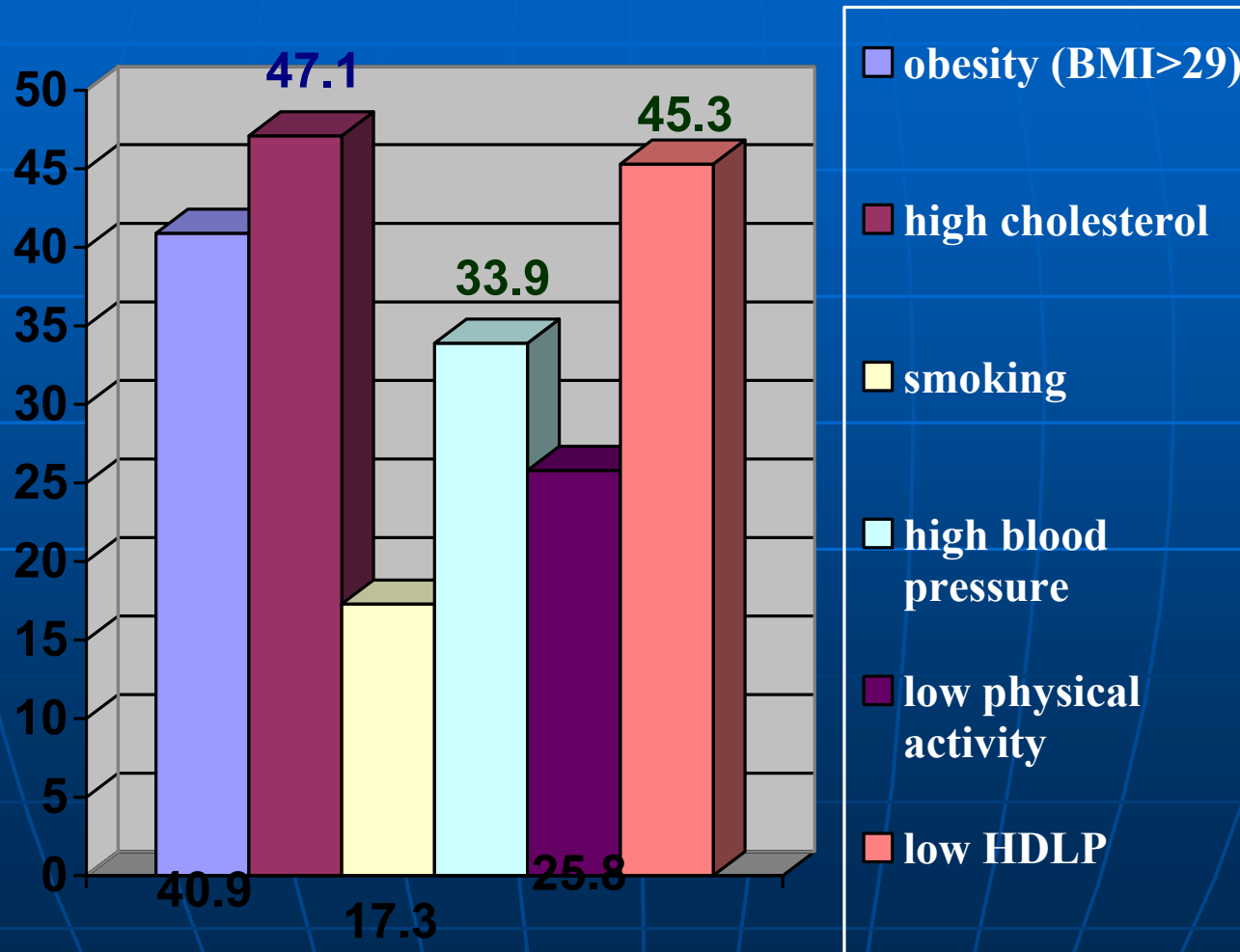
Risk factors that are addressed at the Center

- **Arterial hypertension**
- **Smoking**
- **High cholesterol level**
- **Excessive body weight**
- **Low physical activity**
- **Stress**

Risk factors prevalence among male population - age group 18-64 - Minsk



Risk factors prevalence among female population – age group 18-64 - Minsk



OUTCOMES

- **Total number of visits to the Center - 9,424 (2000-2002)**
- **Electronic patient's chart developed and implemented**
- **Regulatory norms developed to ensure Center's operation**
- **Incidence of ischemic heart disease and risk factors assessed**
- **Guidelines developed on how to address risk factors**
- **Community outreach programs including ones focused on special populations implemented**
- **Minsk City Health Administration made a commitment to replicate CWC in each district of the city of Minsk**

Implementing integrated approach

- **Cooperation with medical sector**
- **Cooperation with non-medical sector**
 - ✓ *Schools, mass media, non-governmental organizations*
- **Mobilizing community**
 - ✓ *Executive committee*
 - ✓ *Food service industry etc.*

Priorities for further development

- **Measure the effectiveness of preventive interventions**
- **Refine diagnostics and screening methods, polish methods of work with individuals as well as groups**
- **Replicate programs implemented by the Center**
- **Market Center's services**
- **Mobilize community**